

SOUTH PASADENA SENIOR CENTER NEWSLETTER

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South Pasadena Senior Center

p. (626) 403 - 7360

w. southpasadenaca.gov

a. 1102 Oxley St., South Pasadena, CA

91030

 @SPseniorcenter



Senior Center Valentines drive by celebration on February 2021.

Senior Center Updates

Hours of Operation

The South Pasadena Senior Center remains closed to the public due to COVID-19 pandemic. Senior Services Staff are available by phone Monday through Friday from 8:00 a.m. to 2:00 p.m.

Home Delivery Program

Need food delivered to your home. the Cost: \$3.00 per meal. The change comes as an effort to ensure the safety of our staff and patrons. To sign up or to receive more information please call (626) 403-7360.

To download the Home Delivery application please visit:
www.southpasadenaca.gov/government/departments/community-services/senior-services/senior-meal-program

Membership Dues

Membership dues can be paid by mailing a check to the Senior Center. An individual membership is \$25.00 and a couple membership is \$35.00. Checks should be made out to the **City of South Pasadena**.

Senior Citizen's Foundation of South Pasadena

The Senior Citizen's Foundation of South Pasadena's website is now LIVE! You can view the page at www.spsenior.org to learn more about the foundation and even donate from just the click of a button!

Dial-A-Ride Updated Hours

South Pasadena residents can schedule transportation to essential services such as medical appointments or grocery stores Monday through Friday from 8:00 a.m. to 3:00 p.m. To schedule an appointment please call (626) 403-7368.

Social Reassurance Calls

If you or someone you know would like to have a wellness check-in call please call the Senior Center. The purpose is to stay connected and know that we are all concerned for your well-being. Senior Citizen Commissioners Cindi Knight, Shireen Chang, and Rachel Fox will be making calls to seniors to ensure their needs are being met. To sign up please call the Senior Center at (626) 403-7360.

Grocery Shopping

Volunteers from South Pasadena are still available to shop for seniors unable to go to local grocery stores. The service is offered at no charge to residents. If you or a resident you know needs assistance email girlfridaysouthpasadena@gmail.com or call (626) 225-5111.

Email Updates

Make sure to provide an updated and accurate email to the Senior Center to receive weekly emailed updates! Weekly updates include what activities are available for the following week, the most accurate menu, and more important information. To add your email to the mailing list or to update your current email please call (626) 403-7360.

Virtual Tech Help

Modified Tech Day returns by providing older adults with technology help from the comfort of your own home. Senior Center staff are here to answer your questions. To set up an appointment please call (626) 403-7360. When setting up your appointment make sure to let staff know the following:

1. What device are you using?
2. What is the issue?

Huntington Senior Care Network SENIOR CARELINE

Through Senior CareLine, Huntington Hospital volunteers connect with older adults in our community by phone on a regular basis. Calls are aimed at assessing your safety, reduce feelings of loneliness, and to provide some socialization. For more information please contact Fidel Cortez, MSW Intern, at Fidel.Cortez@huntingtonhospital.com or call (626) 297-8164.



Huntington.
Senior Care Network

Senior CareLine



Are you looking for friendly conversation?

Socializing is an important part of our daily lives but sometimes it can be hard to connect with others, especially while staying at home to protect your health. Do you ever wish someone would call just to chat?

Social connection is just a phone call away!

Through Senior CareLine, Huntington Hospital volunteers connect with you by phone on a regular basis. You can talk about your favorite movies, family, or whatever is on your mind. Call Senior Care Network today to learn more and request a friendly caller.

For more information, call Fidel at (626) 397-8164
or email: Fidel.Cortez@huntingtonhospital.com

ZOOM CLASSES & PRESENTATIONS

Spanish on ZOOM

Virtual beginner Spanish classes resume this April with Walter Cervantes! This class is designed for students with little or no knowledge of the language. Textbook required. Classes are held on Thursdays from 10:00 a.m. to 11:00 a.m. Space is limited.

TO REGISTER PLEASE PROVIDE YOUR EMAIL ADDRESS TO THE SENIOR CENTER AT (626) 403-7360.

Have a program suggestion?

Call us at (626) 403-7360
and let us know!

UPCOMING EVENTS & PROGRAMMING

Senior Citizen Dumpster Day

The South Pasadena Senior Services Division is now taking sign ups for this years annual Dumpster Day. This year Dumpster day will be on the week of April 12th through 16th. Senior residents can have large furniture or appliances picked up from their homes for free. No hazardous waste will be accepted. All items that are going to be picked up must be listed. Athens will not accept any items not listed. Deadline for all reservations is: Friday, April 9, 2021 by 12:00 pm.



Senior Citizen Dumpster Day

Week of April 12 - 16, 2021

(Verification of age maybe asked at time of pick up.

Senior Citizens age 60 and over)

No hazardous waste will be accepted

Senior Citizen residents can have large furniture or appliances picked up from their homes for free.

Seniors are asked to have all items collected and readily available in an outdoor area near trash containers

Items will be picked up on the same day as regular rubbish pick up the week of April 12 - 16, 2021.

Space is limited

Note: Delinquent Athens customers are not eligible

Reservations are required.

Call with the items to be picked up.

South Pasadena Senior Center at (626) 403-7360

Monday-Friday 8am- 2pm

Deadline for all reservations: Friday, April 9, 2021 by noon.

All other residents can participate in the drive through service on Saturday, April 17, 2021 8:00am-2:00 pm Arroyo Drive (south of Mission St)

For questions with pick up contact

Leaonna DeWitt Public Works Department: 626-403-7240;

LDewitt@southpasadenaca.gov



1-888-336-6100

Filing Your Taxes During the Pandemic

*Have Questions or
Looking for Resources,
See Below!*

**Last day to file taxes
extended to May 17, 2021**



You have several options on how to file. If you file electronically your refund will take up to three weeks to process. Should you choose to file a paper form it will take up to eight weeks for the IRS to process your paperwork. For more information on how, when, and where visit the IRS website at <https://www.irs.gov/individuals/seniors-retirees>.

SENIOR RESOURCES FOR FILING

South Pasadena VITA (Volunteer Income Tax Assistance)

The IRS Tax Counseling for the Elderly (TCE) programs offer free tax help for taxpayers who qualify. Seniors seeking assistance with filing may do so in South Pasadena from certified consultants by making an appointment. For more information or to make an appointment call (626) 799-5012. The program starts March 4, 2021 to April 8, 2021. You must make an appointment, call today!

Location:

South Pasadena VITA
The Church of Jesus Christ of Latter-day Saints
1919 Huntington Drive
South Pasadena, CA 91030

AARP

The non-profit foundation is assisting seniors with filing their taxes. The organization provides the service free of charge for seniors who are 50 years or older. Seniors may sign up for in-person or virtual consultation. AARP consultants are IRS-certified annually and hold extensive knowledge on current and new tax laws. To sign up for your consultation visit the AARP website at www.aarp.org.



DO NOT GET SCAMMED

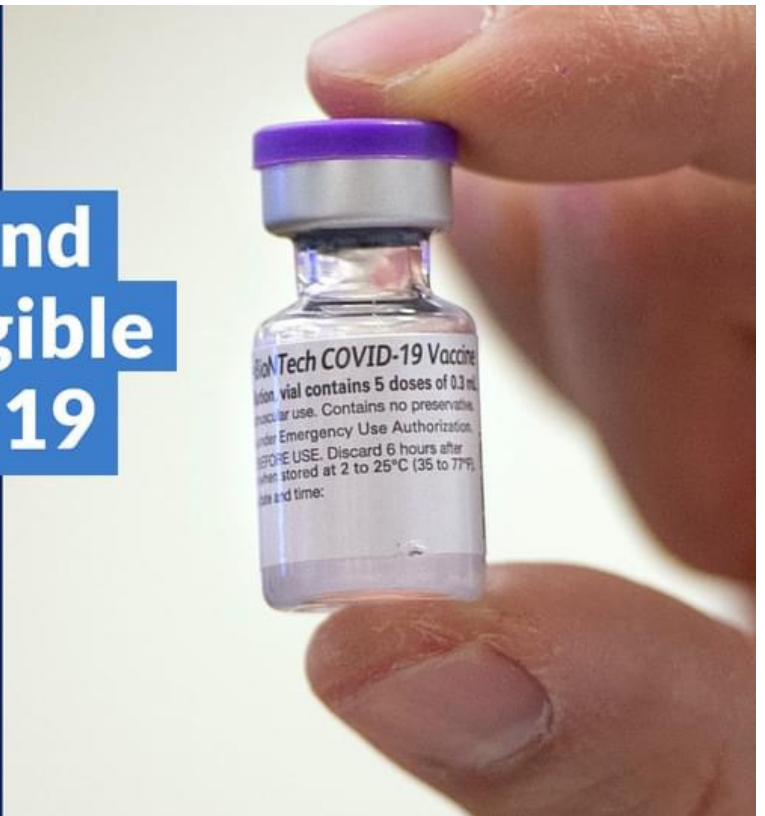
The IRS or other organizations will not call and volunteer to assist you with filing. If you get a phone call from someone offering to help you file, do not give out your information. It is likely a scam. Remember most places will require that you make an appointment.

Know Your Tier

People 65 years and older are now eligible for a free COVID-19 vaccination.



Go to VaccinateLACounty.com or call (833) 540-0473



You will need to show proof that you are an LA County resident AND that you are age 65 or older.

Examples include:

Proof of Age:

- Driver's license
- California ID card or REAL ID
- MediCare card
- Social Security card
- Military ID
- Passport
- Medical document/record from medical provider, clinic, or doctor
- Membership card for seniors only organization
- Any official document that includes name and date of birth

Proof that you live in LA County (must show your name and address):

- Driver's license
- California ID card or REAL ID
- Library card
- Post-marked letter
- Utility bill
- Vehicle registration or insurance
- Voter registration confirmation
- Rent receipt or lease or letter from landlord
- School or employment document
- Court document
- Tax, bank or insurance document
- Letter or document from a Faith-based organization, shelter, non-profit institution with the name/address of issuing organization
- Membership card - Union, YMCA, store club card, fitness center, community neighborhood association apartment building association

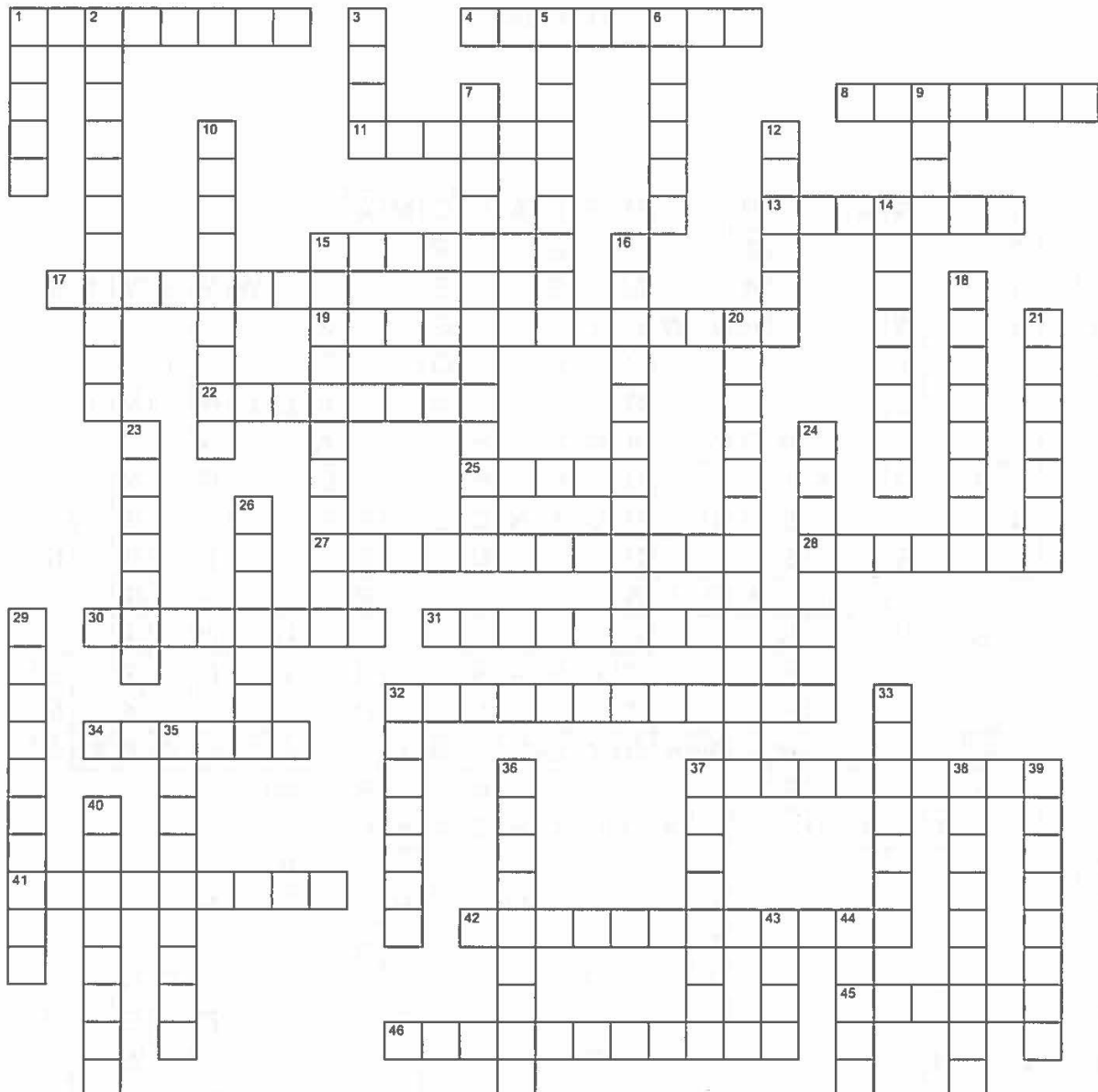
How to Schedule an Appointment:

- Visit VaccinateLACounty.com
- Select LA COUNTY RESIDENTS 65 AND OLDER CLICK HERE
- Scroll to bottom of the screen and select "Make an appointment to be vaccinated by LAC DPH and partners"
- A pop-up screen will ask you to confirm you are over 65; select "I agree, continue to make an appointment"
- Find a location close to you. You will have the option of Public Health sites, LA City Fire Departments, Community Clinics and Hospitals, and Pharmacies.
- Below your selected location click "Register"
- Fill out requested information to schedule appointment.

If appointments are not currently available, check back often as more slots may become available.

Call (833) 540-0473 for further assistance.

US State Nicknames



Across

1. Great Lakes State
4. Sooner State
8. Equality or Cowboy State
11. Aloha State
13. Green Mountain State
15. Treasure State
17. Show Me State
19. Palmetto State
22. Prairie State
25. Lone Star State
27. Keystone State
28. Yellowhammer State
30. Old Dominion State

Down

31. Peace Garden State
32. Granite State
34. Sunflower State
37. Golden State
41. Volunteer State
42. Mountain State
45. Last Frontier
46. Mount Rushmore State

Across

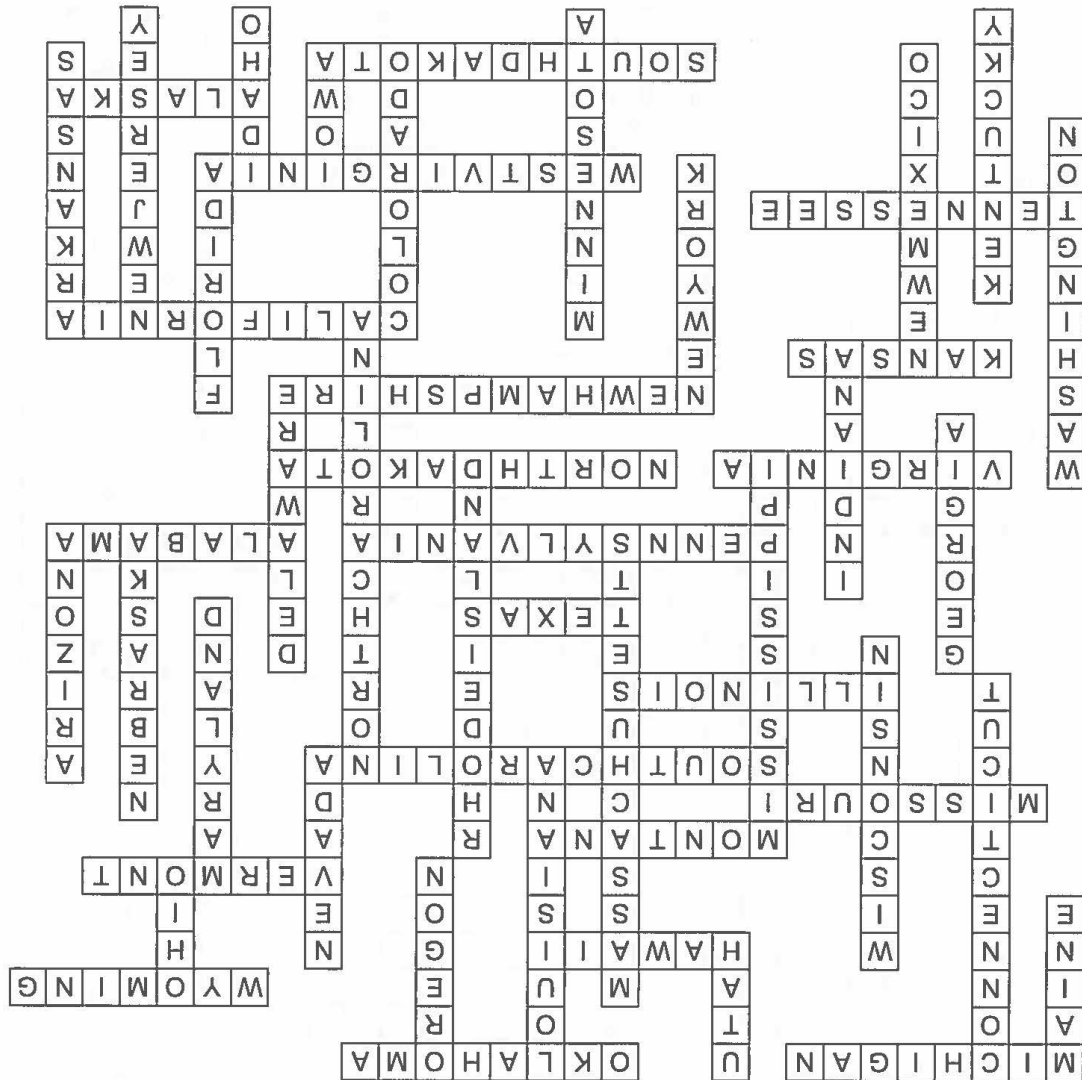
6. Beaver State
7. Bay State
9. Buckeye State
10. Badger State
12. Silver State
14. Old Line State
15. Magnolia State
16. Ocean State
18. Cornhusker State
20. Tar Heel State
21. Grand Canyon State
23. Peach State
24. First State
26. Hoosier State

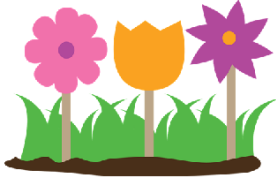
Down

29. Evergreen State
32. Empire State
33. Sunshine State
35. Land of Enchantment
36. North Star State
37. Centennial State
38. Garden State
39. Natural State
40. Bluegrass State
43. Hawkeye State
44. Gem State

US State Nicknames

SOLUTION





APRIL 2021



Monday	Tuesday	Wednesday	Thursday	Friday
SOUTH PASADENA SENIOR CENTER 1102 Oxley Street (626) 403-7360 Five- or seven-day frozen meals available for weekly deliveries on Monday. COST: \$3.00 per meal <u>NOTE: MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.</u>			1 Shepherd's Pie w/ Ground Beef 5 Way Vegetable Mashed Potatoes Corn Muffin Fruit & Milk	2 Chicken Teriyaki w/ Brown Rice Broccoli & Carrots Fruit & Milk
5 Mesquite Glazed Chicken Drumstick Mashed Potatoes Green beans Dinner roll Fruit & Milk	6 Asian Chicken Pasta Salad Edamame Beans Shredded Carrots Fruit & Milk	7 Breaded Pork Loin w/ Caramelized Onion Gravy Mashed Potatoes Kidney Beans Fruit & Milk	8 Swedish Meatballs over Pasta Carrots Green Beans Fruit & Milk	9 Teriyaki Beef Strip Brown Rice Broccoli & Carrots Fruit & Milk
12 Beef Stroganoff w/ Noodles Green Beans Diced Carrots Fruit & Milk	13 Pork Carnitas Brown Rice Black Beans Pepper & Onions Fruit & Milk	14 Chicken Fillet w/ French Onion Sauce Mashed Potatoes Green Beans Dinner Roll Fruit & Milk	15 Mediterranean Turmeric Chicken Salad Broccoli Diced Beets Sour Cream & Onion Chips Fruit & Milk	16 Chicken Burrito Bowl w/ Brown Rice Pinto Beans & Corn Fruit & Milk
19 Chicken Cacciatore over Pasta Mixed Vegetables Fruit & Milk	20 Caribbean Chicken Strips Southern Rice California Vegetable Blend Corn Muffin Fruit & Milk	21 Turkey Pot Roast Seasoned Diced Potatoes Green Beans Dinner Roll Fruit & Milk	22 Roast Beef in Gravy Mashed Potatoes Steamed Peas Dinner Roll Fruit & Milk	23 Tuna Salad Sandwich On French Roll Broccoli Slaw Corn Fruit & Milk
26 Chicken Adobo Zucchini Medley Seasoned Spinach Dinner Roll Fruit & Milk	27 Cajun Chicken Salad Sandwich on Roll Carrot Raisin Coleslaw Diced Jicama Fruit & Milk	28 Breaded Pork Chop W/ Creamy Mustard Sauce Brown Rice Peas & Corn Fruit & Milk	29 Shepherd's Pie w/ Ground Beef 5 Way Vegetable Mashed Potatoes Corn Muffin Fruit & Milk	30 Lemon Pepper Fish Fillet Brown Rice Broccoli Glazed Carrots Fruit & Milk